



Franciscan  
Spirituality Center

Dedicated to anyone seeking God, meaning and wholeness.

VOLUME 27 • NUMBER 5

SEPTEMBER/OCTOBER 2019

# *At the Center*

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## A NOVEL IDEA:

# FSC launches community book club

One of the perks of working at the Franciscan Spirituality Center is being able to pop into our Sophia Bookstore any time of the work day for a cup of coffee or tea and to browse the hundreds of thought-provoking and carefully selected titles.

Our staff members (and the Franciscan Sisters of Perpetual Adoration who live in the building) probably purchase just as many books as our guests do. So often we are excited about something we've read and will chat over lunch with each other, but we don't always have an opportunity to engage in conversation with a larger audience. *Until now.*

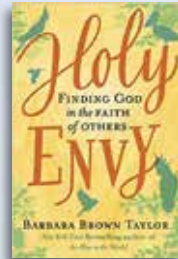
We're excited to launch a monthly book discussion group, open to all men and women, starting Thursday, September 12, with *Holy Envy: Finding God in the Faith of Others* by Barbara Brown Taylor. FSC Director Audrey Lucier will facilitate this first gathering, but each month will feature a different staff member introducing their pick.

"We'll have a good mix of books," said Deb Hansen, FSC spiritual director. "It's fun to read books you might have never thought of reading before."

We'll meet from 7 to 8 p.m. here at the FSC (920 Market Street, La Crosse) and keep things fairly informal. Wine and other refreshments will be included with your registration (advance registration is required). Your investment is just \$10 per session.

You can come to one or all of the discussions as your schedule permits, and all of the featured books are available for purchase in the Sophia Bookstore. Though not required, we highly recommend reading the book beforehand so you can delve into the topics! Expect lively conversation, a peaceful and welcoming environment, and respectful dialogue. Bring a friend or come to meet new ones. "It's really about creating community," said Jean Pagliaro, FSC program coordinator.

## PLAN YOUR READING LIST



### SEPTEMBER 12

***Holy Envy: Finding God in the Faith of Others***  
by Barbara Brown Taylor

The best-selling author recounts her moving discoveries of finding the sacred in unexpected places while teaching about world religions to undergraduates in rural Georgia.

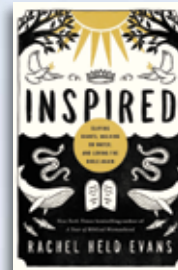
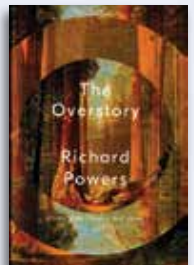
FSC facilitator: Audrey Lucier

### OCTOBER 10

***The Overstory*** by Richard Powers

Winner of the Pulitzer Prize in Fiction, this sweeping work tells the story of a variety of individuals who come together in desperation to save the endangered forests. Eventually, they realize their own survival and the survival of the human race may depend on the wisdom of trees.

FSC facilitator: Steve Spilde



### NOVEMBER 14

***Inspired: Slaying Giants, Walking on Water, and Loving the Bible Again***  
by Rachel Held Evans

Using memoir-style reflections, poetry, fiction, soliloquies and vignettes, the late, best-selling author examines some of the Bible's most difficult stories and shares "the paradigm-shifting and life-changing scholarship" she has encountered to engage readers' skepticism, imagination, hopes and doubts.

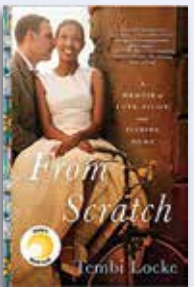
FSC facilitator: Jean Pagliaro

### DECEMBER 12

***From Scratch: A Memoir of Love, Sicily, and Finding Home***  
by Tembi Locke

In this true-life, cross-cultural love story, the author-actress discovers the healing powers of food, family and unexpected grace after the death of her husband.

FSC facilitator: Deb Hansen



# Our *Spirited Friends* provide vital support to our ministry



*I get by with a little help from my friends.*

Those of a certain age may recognize this Beatles song (and a great cover version by Joe Cocker). The song speaks of our need for other human beings, especially when things aren't going so well. When we meet people at the FSC who are going through a rough patch, they are often feeling isolated in their distress and alienated from friends, family and spiritual supports. They could use a kind and compassionate friend.

There are many ways to offer support to people. You may not personally lead a support group or provide compassionate listening to someone at the FSC, but you can make sure those resources are available for people in this community. You can be a *Spirited Friend* to them.

*Spirited Friends* are a special group of people who make a monthly gift to help sustain the services and programs offered at the FSC. You decide on a monthly gift amount that fits your budget (it can be as little as \$10). With your authorization, your bank will automatically transfer this amount to the FSC each month.

Although *Spirited Friends* is not new, we are adding some member benefits this fall. These include special program discounts for *Spirited Friends*, bring a free guest, and hermitage and shopping discounts in our Sophia Bookstore. Watch for the *Spirited Friend* discount in each issue of *At the Center*.

In this issue, you'll notice that members of *Spirited Friends* may bring one guest at no charge to *Intro to Zentangle* on October 8 (see page 8). To claim this special member benefit, please call 608-791-5295 to register you and your guest.

By becoming a *Spirited Friend*, you are directly supporting the work we are doing to provide connection, community and compassionate listening. You are supporting groups

like *Saturday Morning Men's Group*, *Depressed Anonymous*, *Grief Circle*, *Meditation for Emotional Health*, *The Sound of Bowls* and *Divorce Recovery*. You are helping to train men and women in compassionate listening through the Spiritual Direction Preparation Program. You are bringing hope to those in programs such as *Overcoming Challenges With Grit and Grace*, *Serenity Retreat: Emotional Sobriety* and *Daring Greatly* (based on the work of Brené Brown).

This work is so needed in today's world. Thank you for making it possible.

Peace and all good,,

*Audrey Lucier*

Audrey Lucier, FSC Director

**Spirited Friends**

## FRANCISCAN SPIRITUALITY CENTER STAFF



Steve Spilde  
Associate Director &  
Spiritual Director



Rose Elsbernd, FSPA  
Spiritual Director



Deb Hansen  
Spiritual Director



Sarah Hennessey, FSPA  
Spiritual Director



Jean Pagliaro  
Program & Retreat  
Coordinator



Laurie Swan  
Office Manager



Rika Beckley  
Development Director



Stacey Kalas  
Communications &  
Marketing Coordinator



Zoua Vue  
Office Assistant



Elizabeth Kapanke  
Bookkeeper & Hospitality

## ASSOCIATE SPIRITUAL DIRECTORS



Vince Hatt



Barb Kruse



John McHugh



Bernice Olson-Pollack



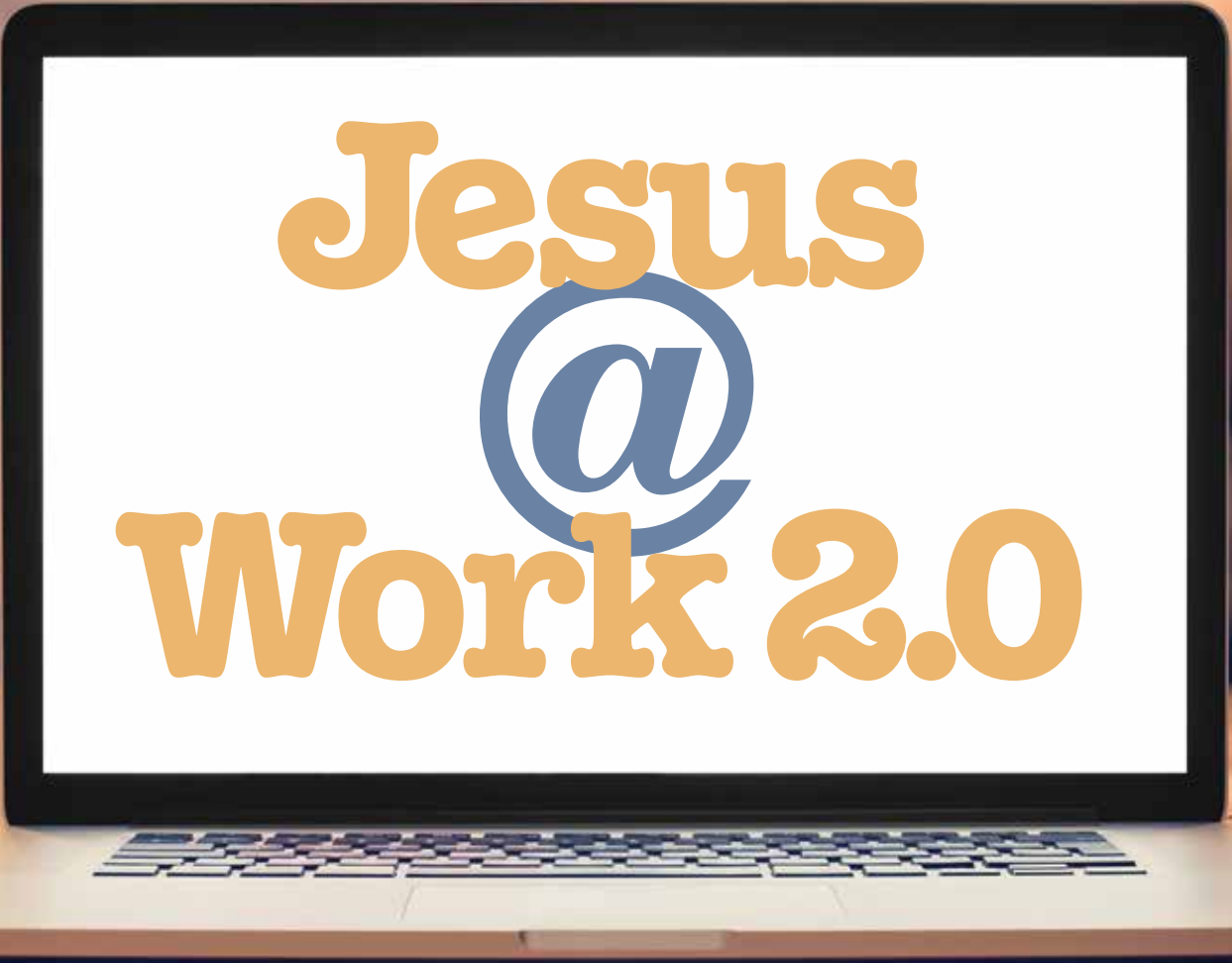
Tom Roberts

## ASSOCIATE PRESENTERS



## ALL-NEW KEYNOTE!

If this is your first time attending Jesus@Work, you will be able to dive right in.  
If you attended the conference last year, you will hear new insights, stories and ideas for consideration.



# Jesus @ Work 2.0

**SPECIAL OPPORTUNITY FOR BUSINESS OWNERS, NONPROFIT LEADERS AND  
ANYONE WHO WORKS IN A SERVICE OR MISSION-DRIVEN ORGANIZATION**

## Digging Into the Parables

Leadership development expert and master storyteller John McHugh continues the conversation about workplace culture and mission-driven values. What do the parables about seeds, weeds and good deeds have to say about our everyday work lives? The images

Jesus used in his parables came from the ordinary business activities of his time: farming, fishing and banquet catering. Join us for a thought-provoking and motivational morning to explore how Jesus' stories can change the way we approach work.

**We've intentionally priced this half-day conference as low as possible so you can bring your entire leadership team!**

**KEYNOTE SPEAKER: John McHugh**

John McHugh is the director of corporate communications, leadership development and training for Kwik Trip Inc., based in La Crosse. In his role at Kwik Trip, he has helped the company achieve recognition as a Top Workplace as listed by the Milwaukee Journal Sentinel, the Minneapolis



Star Tribune and the Des Moines Register. Prior to joining Kwik Trip in 2004, John was an instructor and principal at Aquinas High School in La Crosse. He holds degrees from the University of St. Thomas in St. Paul, Minnesota, and the Gregorian University in Rome, Italy. He serves on the boards of Marywood Franciscan Spirituality Center, Trust Point, National Mutual Benefit Society, Viterbo University and Mayo Clinic Health System in La Crosse.



**GROUP DISCUSSION FACILITATOR: Kristy Walz**

Kristy Walz is a results-oriented consultant with 20 years of experience working with leaders in varied industries and roles to help them achieve their goals. She helps create change-ready organizations and helps people find purpose in their work. In addition to her responsibilities with Confluence Consulting, Kristy serves as adjunct faculty for campuses within the Minnesota State Colleges and Universities System. She also is a spiritual director and a keen observer, with a deep curiosity about human interactions and the ability to turn data into decisions.

**Friday, October 25, 2019**

**8-8:30 a.m. • Check-in and breakfast  
8:30 a.m.-noon • Conference**

**Co-sponsored by:  
Franciscan Spirituality Center and  
FSPA Office of Mission Integration**

**The Cargill Room at The Waterfront  
Restaurant and Tavern, La Crosse**

**Investment: \$25/person • Includes continental breakfast**

**Register by October 4 at  
[www.FSCenter.org](http://www.FSCenter.org) or 608-791-5295**

**Advanced registration required. Tables may be reserved in groups of eight.  
REGISTER EARLY TO GUARANTEE YOUR SPOT!**



WE CURRENTLY HAVE LIMITED BEDROOM SPACE; PLEASE REGISTER EARLY IF YOU ARE PLANNING TO STAY OVERNIGHT DURING YOUR RETREAT.

### SILENT DIRECTED RETREAT

**SEPTEMBER 8-13**

Sunday, 3 p.m.–Friday, noon

**Presenters:** FSC spiritual directors

**Investment:** \$450, includes five nights' stay, all meals and six spiritual direction sessions

Registration deadline: August 25

A silent directed retreat is an invitation to deepen your connection to the Sacred and to yourself through solitude and silence in a community of prayer. You will have a private, comfortable bedroom, delicious meals and a daily meeting with a spiritual director who will listen to you and your unfolding story. Your days will be open for time in quiet spaces for reflection, attending liturgy, praying in the chapel and using our art room.



### THE SOUND OF BOWLS

**SEPTEMBER 10 AND OCTOBER 8**

Tuesday, 5:30-6:30 p.m.

**Facilitator:** Tom Roberts

**Investment:** Freewill offering

Advance registration is requested.

Tibetan singing bowls produce sounds that invoke deep relaxation, naturally assisting one in entering expanded states of consciousness and meditation. The sounds create a deep communication with our inner world that opens us to the Divine. Enjoy an evening of captivating renewal in the presence of ageless bell sounds. You are invited to wear comfortable clothes, as you will be able to sit or lie on the floor as you prefer. These sound meditation sessions are offered on the second Tuesday of the month, September-May.



### DAY OF SOLITUDE

**SEPTEMBER 11 AND OCTOBER 16**

Wednesday, 8:30 a.m.-4:30 p.m.

**Facilitator:** Deb Hansen

**Investment:** \$40, includes lunch and optional spiritual direction session

**Registration deadline:** August 28/October 2

Yearning for a day to unplug and pause from the stresses and demands of life? You are invited to spend a day of solitude at the FSC that will give you permission to simply BE. Solitude offers us a place to listen to and rest in God. We will gather together as a group to begin and end in prayer, spending the remainder of the day in solitude. You will have a private, comfortable room and a simple meal. Options include attending liturgy or praying in the chapel, using our art room and meeting with a spiritual director if you wish.

**Deb Hansen** is a trained spiritual director on staff at the FSC.



## REGISTER

**HOW TO REGISTER:** Go online to [www.FSCenter.org](http://www.FSCenter.org). Payment for most events is due at the time of registration. To pay a portion now and the balance at the time of the event, please register by phone at 608-791-5295.

**DEPOSITS:** If indicated, the deposit is due at the time of registration and will be applied to the total fee. The balance is due two weeks before the start of the event.

**REFUND POLICY:** If you cancel at least 48 hours before the start time of the event, we will refund your payment. Deposits are not refundable.

**FINANCIAL ASSISTANCE:** If you would like to attend a program but cannot manage the entire investment, please call Laurie Swan, FSC office manager, at 608-791-5279. We are committed to serving all on their spiritual journey and will hold your request in confidence.

## MEDITATION FOR EMOTIONAL HEALTH

**SEPTEMBER 12 AND OCTOBER 10**

Thursday, 6:30-7:30 p.m.

**Facilitator:** Sarah Hennessey, FSPA

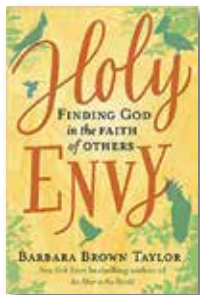
**Investment:** Freewill offering

No registration required.

This group is open to anyone experiencing anxiety or depression and offers meditation as a coping skill. Gatherings are on the second Thursday of the month, and you are welcome to attend any or all sessions as your schedule permits. Practicing coping skills such as meditation can change the way we interact with the world and with ourselves. Each evening will include a meditative practice followed by a brief discussion.

*This program is sponsored by the Charles F. Mathy Fund of the La Crosse Community Foundation.*

**Note:** We've intentionally scheduled this program after Qigong (see page 10) so you can attend both!



## FSC BOOK GROUP

**SEE DATES BELOW** • Thursday, 7-8 p.m.

**Facilitators:** FSC staff

**Investment:** \$10 per session, wine and refreshments included

Join us for lively conversation and refreshments in a welcoming environment during our new FSC staff-led book discussion group, which meets on the second Thursday of the month. You can come to one or all of the discussions as your schedule permits, and all of the featured books are available for purchase in the Sophia Bookstore. Though not required, we highly recommend reading the book beforehand so you can delve into the topics! Wine and other refreshments will be included with your registration (advance registration is required).

## HERE'S THE SCHEDULE:

**SEPTEMBER 12:** *Holy Envy: Finding God in the Faith of Others*

by Barbara Brown Taylor

**FSC facilitator:** Audrey Lucier

**Registration deadline:** August 29

**OCTOBER 10:** *The Overstory* by Richard Powers

**FSC facilitator:** Steve Spilde

**Registration deadline:** September 26

**NOVEMBER 14:** *Inspired: Slaying Giants, Walking on Water, and Loving the Bible Again* by Rachel Held Evans

**FSC facilitator:** Jean Pagliaro

**Registration deadline:** November 1

**DECEMBER 12:** *From Scratch: A Memoir of Love, Sicily, and Finding Home* by Tembi Locke

**FSC facilitator:** Deb Hansen

**Registration deadline:** November 28

## LIVING BEAUTIFULLY WITH UNCERTAINTY AND CHANGE

**SEPTEMBER 14** • Saturday, 9 a.m.-4 p.m.

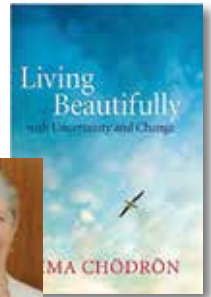
**Presenter:** Sharon Lukert

**Investment:** \$65, includes lunch

**Registration deadline:** September 1

Based on celebrated author Pema Chödrön's book of the same name, this retreat will focus on the three commitments presented in *Living Beautifully with Uncertainty and Change*: do no harm, take care of each other and embrace the world just as it is. Using guided meditation, self-reflection and the wise advice of this beloved teacher, we will explore how following these three commitments can open our hearts and minds, moving us toward compassion for ourselves and others. Our day will include periods of meditation, time for self-reflection and group discussion.

**Sharon Lukert** is a staff chaplain and ACPE associate certified educator at Gundersen Health System. She has been a practicing Buddhist within a Tibetan lineage, studying under Pema Chödrön for more than 25 years. Sharon is a meditation instructor and facilitator for workshops and study groups focused on Buddhism, meditation, death and dying education, and bereavement support.



## ART AS PRAYER

**SEPTEMBER 16 AND OCTOBER 21**

Monday, 6-7:30 p.m.

**Instructor:** Mary Thompson

**Investment:** \$10 per session

**Registration deadline:**

September 13/October 18

**Supplies needed:** watercolors (pan set), brushes (8" round watercolor, 1" flat wash brushes), kneaded eraser.

**Watercolor paper is provided.**

Artistic expression offers the opportunity for spiritual growth, transformation and healing. This monthly open watercolor studio is a chance to play and learn new techniques without worrying about perfection or finished product. Sessions are the third Monday of the month, September-May, and you are invited to come to one or all as your schedule permits. Meet new friends and practice listening to your heart as you paint. No experience is necessary; Mary is an enthusiastic and encouraging teacher who will show you how to get started.

**Mary Thompson** has a degree in fine arts and a master's degree in education. She has delighted in the creative arts since her first box of crayons. Besides teaching art to all ages, Mary has supported the healing of women in recovery through the practice of art therapy.



Like us on Facebook for more information about these upcoming programs and events.





## 2019 Programs and Retreats *continued.*

### DARING COMPANIONS

#### NINE MONTHLY SESSIONS

**STARTING SEPTEMBER 16** • Third Monday of the month, 6-8 p.m.

**Presenters:** Steve Spilde, Certified Daring Way™ facilitator, and Deb Hansen

**Investment:** \$180 for entire program

**Registration deadline:** September 2

**Note:** The group is limited to eight participants.

This is a group for personal growth and spiritual transformation using the research of author Brené Brown. Participants will gather monthly and learn from Brené Brown through readings and videos. Participants will be invited to share their personal stories in a confidential and supportive environment, with a goal of experiencing empathy and mutual support as we discuss how this content is relevant to our individual lives.



### EMBRACING OUR COLLECTIVE STORY AND TOGETHER WRITING THE NEXT CHAPTER

**SEPTEMBER 21** • Saturday, 9 a.m.-4 p.m.

**Presenter:** Angela Scaperlanda Bujan

**Investment:** \$65, includes lunch

**Registration deadline:** September 7

As humans, we form a part of a universal story that began before our birth and will continue long after we are gone.

When viewed individually, however, our

stories may seem disconnected, unimportant and even haphazard at times. You are invited to explore the intricate part you play in God's unfolding story in this interactive, daylong retreat. You will have an opportunity to reflect on the details of the chapters of your life within the context of a larger "book." Through presentation, introspection, discussion and journaling, you will grow in understanding your role in the Divine masterpiece and prayerfully help shape your next chapter.

Specifically, this retreat will help you:

- Gain a deeper awareness of the collective story we share with all of God's creation.
- Consider the connection between our individual stories and our impact on each other.
- Envision the unwritten chapters of our collective story and discern what part you are called to play in shaping them.

**Angela Scaperlanda Bujan** is a spiritual director, coach, consultant and founder of HELP Professional Services LLC. She is passionate about transformative growth through what she calls "connective help." She studied spiritual direction at the Siena Center in Racine, Wisconsin, and obtained her master's degree in Intercultural Administration at the School for International Training in Brattleboro, Vermont.



### FINDING GOD IN ALL THINGS:

#### THE SPIRITUAL EXERCISES OF ST. IGNATIUS IN DAILY LIFE

**OPENING SESSION:** September 21 • Saturday, 9 a.m.-3 p.m.

**MONTHLY SESSIONS: 2019:** October 19, November 16 and December 14 • **2020:** January 18, February 15, March 21 and April 18 • Saturdays, 9 a.m.-1 p.m.

**CLOSING SESSION:** May 16, 2020 • Saturday, 9 a.m.-3 p.m.

**Presenters:** Franciscan Spirituality Center staff

**Investment:** \$450, includes program and lunch each session.

Also, you will pay for monthly spiritual direction: \$50-\$70/month.

**Registration deadline:** September 1

This nine-month retreat is open to people of all faith backgrounds and includes a spiritual "toolbox" of practices that are designed to help participants discern the fingerprints of God in their daily lives. The program includes monthly gatherings, meetings with a trained spiritual director and daily emails that foster a commitment to prayer and reflection. Prayer, meditation, contemplative dialogue, Lectio Divina, gospel contemplation, the Examen and discernment will be introduced and practiced.

### ICONOGRAPHY WORKSHOP: ST. JOSEPH OR ST. NEKTARIOS

**SEPTEMBER 22-28** • Sunday, 7 p.m.-Saturday, 10 a.m.

**Instructor:** Phil Zimmerman

**Investment:** Choose one icon to paint

- **Full:** \$625, six nights' stay, all meals and materials
- **Commuter:** \$505, includes lunch and supper, and materials
- Fee includes a \$150 nonrefundable deposit.

**Registration deadline:** September 14

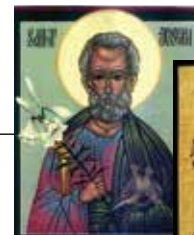
**Note:** This workshop is recommended for those who have done some painting (of any kind) but are open to learning the unique style of painting and techniques taught in this workshop. Please specify which icon you'd like to paint when registering.

Limited to 25 participants.

Both a meaningful prayer practice and a technical art form, iconography traces its history to the beginning of Christianity. Icons are often referred to as "windows into heaven" and continue to be venerated within the Byzantine rite. Noted American iconographer Phil Zimmerman will guide participants step-by-step through the process of "writing" or painting an icon in the Byzantine style, following ancient guidelines and techniques while using modern artist's materials (acrylic paints, gessoed board, gold leaf). Each day of the workshop will include prayer, reflection and historical information specific to the icon. Please note this is not a silent retreat. All materials and supplies are included.



**Phil Zimmerman** is the owner of St. John Damascus Icon Studio in Pennsylvania and has led icon retreats at the FSC since 2001.





## AGING CAFÉ

**OCTOBER 1** • Tuesday, 6-8 p.m.

**Presenters:** Erica G. Srinivasan, Cameron Kiersch and Jackie Yaeger, M.D.

**Investment:** Suggested donation of \$10

**Registration deadline:** September 17

An Aging Café is an opportunity for community members of all ages to gather together to explore the subject of aging. We all age, but we don't always have outlets to talk about it. Inspired by the Death Café movement, we seek to have open-ended conversations that normalize the aging process and allow us to explore various topics related to aging, such as quality of life, hopes and fears as we age, activism, caregiving, spirituality and more!

**Erica G. Srinivasan** teaches gerontology courses in the psychology department at University of Wisconsin-La Crosse and is co-chair for UW-L's gerontology emphasis. **Cameron Kiersch** is an assistant professor of nursing at Viterbo University. **Jackie Yaeger, M.D.**, is a palliative care physician and a death doula in La Crosse. She provides in-home, holistic medical care and emotional support for people who are dying and their families.



## LABYRINTH WALK: WALKING THE FOURFOLD PATH OF FORGIVENESS

**OCTOBER 3** • Thursday, 4-7 p.m.

**Facilitator:** FSC staff

**Investment:** Freewill offering

No registration necessary.

*With each act of forgiveness, whether small or great, we move toward wholeness. Forgiveness is nothing less than how we bring peace to ourselves and our world. - Desmond Tutu*

You are invited to walk the FSC's indoor canvas labyrinth and meditate on the path to forgiveness. Whether you want to forgive someone or are in need of forgiveness yourself, the willingness to even consider forgiveness is the first step. We will use the Fourfold Path developed by Archbishop Desmond Tutu and his daughter Mpho to help you reflect on the steps to forgiveness. This is a silent, self-guided meditation suitable for older teens and adults. Please arrive by 6:30 p.m. to allow enough time for your walk. A brief instruction is available for those new to the labyrinth.



## DARING GREATLY: A GROUP EXPERIENCE

**THREE-WEEKEND SERIES:** October 4-5; December 6-7, 2019, and January 31–February 1, 2020 • Friday, 7 p.m.–Saturday, 4 p.m.

**Presenters:** Steve Spilde, Certified Daring Way™ facilitator, and Deb Hansen

**Investment:** \$300 for five-month program

Overnight accommodations are available for an additional fee; please call 608-791-5295.

**Registration deadline:** September 16

Many of us want deeper and more intimate relationships, a life inspired by courage and freedom, and work motivated by meaning and purpose. Yet, we spend much of our effort trying to shield ourselves from the vulnerability these experiences require. How do we embrace vulnerability as the gateway to the most precious desires of life? This five-month group process will explore and practice the *Daring Greatly*™ work of Brené Brown. The program includes three weekend workshops and weekly email support. By sharing encouragement with each other, we will be inspired to overcome our fear of vulnerability and be invited to live with courage, letting ourselves be seen.



## A WEEKEND FOR SPIRITUAL DIRECTORS

### ENDURING MINISTRY: LISTENING AND SERVING FOR THE LONG HAUL

**OCTOBER 4-6** • Friday, 7 p.m.–Sunday, noon

**Presenter:** Sam Rahberg

**Investment:**

- **Full:** \$260, includes two nights' stay and four meals
- **Commuter:** \$175, includes lunch on Saturday

**Registration deadline:** September 20

Faithful women and men take up various forms of ministry because they feel called by God to do something important with their lives. We are spiritual directors, volunteers, pastors, community leaders and other kinds of companions who listen for the needs of the world and who strive to respond well. Without a compelling vision that aligns our sense of purpose and self-care, however, everyday conflicts and disappointments will chip away at our confidence and stamina. Together, we can help one another do more than just survive the lifelong challenges of listening and serving. We can help one another soar. Join Samuel Rahberg, spiritual director and author of *Enduring Ministry*, for an opportunity to re-invigorate and sustain your sense of calling. This retreat is recommended for graduates of the FSC's spiritual direction training programs and other spiritual direction training programs.

**Samuel Rahberg** is director of the Benedictine Center of St. Paul's Monastery, a spiritual director and the author of several books, including *Enduring Ministry: Toward a Lifetime of Christian Leadership*. He has a master's degree in theology from Saint John's University in Collegeville, Minnesota.



Like us on Facebook for more information about these upcoming programs and events.



## 2019 Programs and Retreats *continued.*

**SPIRITED FRIENDS MEMBER BENEFIT:** If you are a *Spirited Friend*, you may bring one guest at no charge to this program. See page 16 for more information about *Spirited Friends*.

### INTRO TO ZENTANGLE

**Spirited Friends**

**OCTOBER 8** • Tuesday, 6-8 p.m.

**Presenter:** Christine Isham

**Investment:** \$25, includes all supplies

**Registration deadline:** September 24

The Zentangle Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured, repetitive patterns. It increases focus and creativity, provides artistic satisfaction along with an increased

sense of personal well-being and can be a tool to enhance meditation or prayer. In this play-shop, you will experience the 11-step Zentangle Method, learn and practice several tangle patterns and have the opportunity to create your own, unique Zentangle. No artistic experience necessary!

Specialized supplies are provided for this class.

**The Rev. Christine Isham, Ph.D.**, has been tangling since 2012, when she was introduced to The Zentangle Method as a spiritual practice during a retreat. She is an ordained minister in the Christian Church (Disciples of Christ) and is currently serving as a chaplain in the La Crosse area.



### MINDFUL SELF-CARE FOR THE CAREGIVER

**OCTOBER 11-12** • Friday, 7 p.m.–Saturday, 4 p.m.

**Presenters:** Paul Kisho Stern and Trish Johnson

**Investment:**

- **Full:** \$150, includes overnight stay and two meals
- **Commuter:** \$115, includes Saturday lunch

**Registration deadline:** September 27

Caregiving is an incredibly challenging role. Oftentimes, in the midst of offering care, compassion and companionship in our profession or to a loved one, caregivers find that they are stressed, fatigued and burned out. This weekend retreat will focus on holistic self-care and ways to build resiliency in the midst of caregiving. Over the course of the weekend, participants will be introduced to self-care practices that include mindfulness meditation, qigong and yoga, as well as being invited to form their own plan of self-care.

**Paul Kisho Stern** and **Trish Johnson** are the founders of the Manitou Center in Winona, Minnesota, where they also teach classes and workshops. Paul is a Zen priest and 84th generation dharma successor, a licensed martial arts and qigong instructor, a behavioral specialist, and an organizational planner and leadership strategist. Trish began her work with meditation, mindfulness and embodiment practices almost 20 years ago. She is a mindfulness meditation instructor who works with children and adults throughout the community and a certified yoga teacher.



### A TASTE OF FOREST BATHING

**OCTOBER 12** • Saturday, 9-11:30 a.m.

**Presenters:** Kristine Beck and Vicki Lopez-Kaley

**Investment:** \$20

**Registration deadline:** September 28



**Location:** Chad Erickson Memorial Park Pavilion, 3601 Park Lane Drive, La Crosse

**Please note:** You may want to bring a chair or mat, insect repellent, water and journal.

Come experience forest bathing and the many ways it can benefit you. Inspired by the Japanese practice called *shinrin-yoku*, forest bathing is an intentional practice of connecting with nature by going to the woods, sitting with trees and surrounding oneself with the energy of the forest. Benefits may include elevated moods, joy, stress relief, increased focus, mindfulness and spiritual well-being. We'll start with a brief introduction to forest bathing followed by a guided immersion experience in the La Crosse Community Forest. We'll conclude by sharing tea and stories about what we noticed about our surroundings and ourselves.

**Kristine Beck** is the creator and director of Kinstone in Fountain City, Wisconsin. After retiring from a career in the software industry, Kristine has dedicated her life to blending conscious care of the Earth with art to form sacred spaces at Kinstone. **Vicki Lopez-Kaley** is a graduate of the FSC's Spiritual Direction Preparation Program and former religious education director and pastoral minister. Presently, she is privileged to minister among wise elderly persons.

### EIGHT-WEEK SERIES

#### DIVORCE RECOVERY

**OCTOBER 14-DECEMBER 2** • Monday, 6:30-8 p.m.

**Facilitator:** Audrey Lucier

**Investment:** \$25 for eight sessions, includes workbook

**Registration deadline:** September 30

This group meets for eight weeks and offers support and a path for healing from divorce, separation or the end of a long-term romantic relationship. The negative emotions that accompany divorce can be overwhelming. Anger, anxiety, regrets and resentments can make it difficult to deal with the challenges of rebuilding your life. In this group, we will learn practices based in self-compassion to help you heal, forgive and form new loving relationships.

**Audrey Lucier** is the director of the FSC.





## DRUM-MAKING WORKSHOP

**OCTOBER 19** • Saturday, 9 a.m.-4 p.m.

**Presenter:** Wayne Manthey

**Investment:** \$75, plus cost of drum materials

**Choose:** 13-inch drum (\$100) or 16-inch drum (\$125)

**Registration deadline:** October 5

The beat of the drum brings an awareness of the sacred and powerful beat of all creation. Creating this sacred instrument of peace will help you to hear and feel the rhythms that connect the Earth, its diverse peoples and all creatures. Participants will use a prepared wooden frame, deer hides, walnut stain and other natural elements to create a unique, personal drum. In between, Wayne will share his own story of how he learned to make drums and the impact this journey has had on his life.

**Wayne Manthey** has helped bring many drums to life at the FSC since his first workshop here in 2007. He is based in the Twin Cities. Learn more at [www.waynemantheydrummer.com](http://www.waynemantheydrummer.com).



## JESUS@WORK 2.0: DIGGING INTO THE PARABLES

**OCTOBER 25** • Friday, 8:30 a.m.-noon

**Keynote presenter:** John McHugh

**Discussion facilitator:** Kristy Walz

**Investment:** \$25 per person, includes continental breakfast

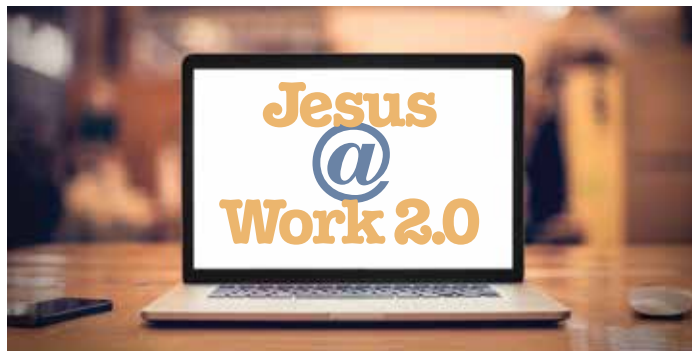
**Registration deadline:** October 4

**Location:** The Cargill Room at the Waterfront Restaurant and Tavern, La Crosse

Leadership development expert and master storyteller John McHugh continues the conversation about workplace culture and mission-driven values. What do the parables about seeds, weeds and good deeds have to say about our everyday work lives? The images Jesus used in his parables came from the ordinary business activities of his time: farming, fishing and banquet catering. Join us for a thought-provoking and motivational morning to explore how Jesus' stories can change the way we approach work.

*Co-sponsored by the Franciscan Spirituality Center and the FSPA Office of Mission Integration.*

For more details and presenter bios, please see pages 2-3.



## JOURNEYING TOWARD PEACE: A COURAGE & RENEWAL RETREAT

**OCTOBER 25-26** • Friday, 7 p.m.-Saturday, 4 p.m.

**Presenter:** Mary Peters

**Investment:**

- **Full:** \$150, includes overnight stay and two meals
- **Commuter:** \$115, includes Saturday lunch

**Registration deadline:** October 11

Where are you on your personal path toward living with integrity, authenticity and peace? All are welcome to reflect, renew and connect with what matters most in your life. Our time together, uniquely designed for this theme of Journeying Toward Peace, is based on the Circle of Trust® program developed by Parker J. Palmer and The Center for Courage & Renewal. Guided by core principles and practices, including the belief that everyone has an inner source of truth, our time together supports personal and societal transformation. We will explore wisdom stories, poetry, journaling and other experiences where we can find what draws our introspection for a more peaceful life and what carries us forward to live more fully in our relationships and communities. In a nurturing and confidential setting, there will be time for individual reflection, group discussion, lightness and renewal.

**Mary Peters** is a *Courage and Renewal* facilitator with expertise in early childhood education, collaborative system building, inter-agency coordination, inclusion, professional development and program guidance.



**Courage & Renewal**

## GROUPS THAT MEET AT THE FSC

**Depressed Anonymous** is a 12-step group for those dealing with depression to generate positive energies, form friendships and find support. Meets Mondays from 5:30-6:30 p.m. Questions? Contact Vince via email at [vjharr@gmail.com](mailto:vjharr@gmail.com). Freewill offerings are appreciated. *This program is sponsored by The Covenant Fund of the La Crosse Community Foundation.*

**Saturday Morning Men's Group** enjoys coffee and muffins while discussing a current book related to spirituality. Meets on the third Saturday of the month (September 21 and October 19) from 9:30-11:30 a.m. Contact Vince via email at [vjharr@gmail.com](mailto:vjharr@gmail.com) for book information. Suggested offering: \$7.

**Conversations That Matter** is a men's group that provides the opportunity to dialogue with other men on issues that matter in their lives. The Wednesday group meets on the first and third Wednesdays, and the Tuesday group meets on the second and fourth Tuesdays, both from 7-9 p.m. To see whether the group meets your needs, contact Vince via email at [vjharr@gmail.com](mailto:vjharr@gmail.com). Suggested offering: \$5.

**Mindful Meditation** allows you to find support, energy and discipline for your meditation practice in a group setting. No previous experience is necessary, and facilitator Shirley Morrissey, FSPA, is happy to provide an introduction to meditation if needed. Meets Tuesdays from 5:30-7 p.m. and Saturdays from 8-9:30 a.m. Call Sister Shirley at 608-787-8313 or email [smorrissey@fspa.org](mailto:smorrissey@fspa.org) with questions. This group joins *The Sound of Bells* on the second Tuesday of the month.

# BODY | MOVEMENT CLASSES

## GOLDEN YOGA

**Tuesday, 11:15 a.m.-12:15 p.m.**

**Session 1:** September 3, 10, 17, 24; October 1, 8

**Session 2:** October 15, 22, 29; November 5, 12, 19

**Investment:** \$55 for six classes or \$12 drop-in

**Bonus session:** November 26; December 3, 10, 17  
(\$37 for four classes or \$12 drop-in)

**Thursday, 11:15 a.m.-12:15 p.m.**

**Session 1:** September 5, 12, 19, 26; October 3, 10

**Session 2:** October 17, 24, 31; November 7, 14, 21

**Investment:** \$55 for six classes or \$12 drop-in

**Bonus session:** December 5, 12, 19 (\$27.50 for three classes)

**Instructor:** Amber Moesch

Golden Yoga provides a safe approach to improved strength, balance and flexibility. Each class includes a gentle flow of seated stretches, standing poses and balance exercises. A chair is used as a prop during the class to offer modifications and balance support. The last 15 minutes of each class includes poses and movements done on a yoga mat on the floor.

**Amber Moesch** loves sharing the movement and poses of yoga as a way to practice mindfulness. By helping her students link movements and breath with awareness, she creates classes that wake up the body and quiet the mind. Amber draws on her many years of experience and training in yoga and restorative exercise to create classes that are tailored to the students who show up.



## VINYASA YOGA

**Wednesday, 5:30-6:30 p.m.**

**Session 1:** September 4, 11, 18, 25; October 2, 9

**Session 2:** October 16, 23, 30; November 6, 13, 20

**Investment:** \$55 for six classes or \$12 drop-in

**Bonus session:** November 27; December 4, 11, 18  
(\$37 for four classes or \$12 drop-in)

**Instructor:** Bernice Olson-Pollack

Vinyasa flow is a moving meditation that guides you toward a sense of calm and links poses together with smooth sequencing. This practice also promotes the integration of breathing mindfully with the postures to deepen the relationship with your internal Self.



## QIGONG

**Thursday, 5:30-6:30 p.m.**

**Session 1:** September 5, 12, 19, 26; October 3, 10

**Investment:** \$55 for six classes or \$12 drop-in

**Instructor:** Bernice Olson-Pollack

The fundamental principle of qigong is that everything in the universe is a form of energy, including every cell in your body. Your body's energy is constantly in the process of transforming. Using simple movements, breathing and meditation, you can experience improved health and wellness. Qigong can help with mental focus and visualization, and it can help aid in self-acceptance using the basis of love, kindness and forgiveness.



## REGISTER

**HOW TO REGISTER:** Go online to [www.FSCenter.org](http://www.FSCenter.org). Payment for most events is due at the time of registration. To pay a portion now and the balance at the time of the event, please register by phone at 608-791-5295.

**REFUND POLICY:** If you cancel at least 48 hours before the start time of the event, we will refund your payment.

**FINANCIAL ASSISTANCE:** If you would like to attend a program but cannot manage the entire investment, please call Laurie Swan, FSC office manager, at 608-791-5279. We are committed to serving all on their spiritual journey and will hold your request in confidence.



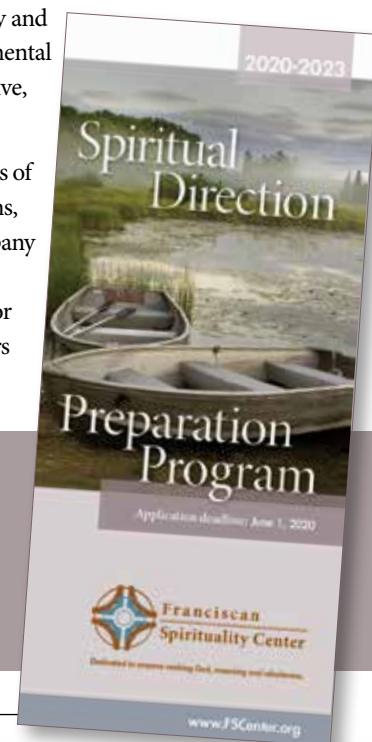


# New cohort of SDPP students starting soon

Since 1985, we've been training men and women in the practice of spiritual direction—and transforming lives in the process. If you would like to deepen your spirituality and hone your compassionate, nonjudgmental listening skills, consider this innovative, three-year program.

Spiritual directors come from all walks of life. Often called guides or companions, they are trained listeners who accompany people on their spiritual journeys. They do not offer counseling, advice or problem-solving but rather help others discover their inner wisdom.

We'll be accepting applications to the program in early 2020. If you are interested in learning more, please visit [www.FSCenter.org](http://www.FSCenter.org) or contact Steve Spilde at [sspilde@fspa.org](mailto:sspilde@fspa.org) or 608-791-5297.



## SAVE THE DATE FOR... ART DASH

**Ready, Set, Gogh!** Our fourth annual Art Dash will be **Thursday, March 26, 2020**, at The Cargill Room at The Waterfront Restaurant and Tavern, La Crosse. Each year, we've grown bigger and better as we celebrate beauty, creativity and wholeness. We're looking forward to bringing together artists and community supporters for another fun evening of food, fellowship and fine art. Watch for details at [www.FSCenter.org/artdash](http://www.FSCenter.org/artdash) on how you can buy tickets, become an event sponsor or donate your original artwork.

### UTSAHA YOGA

**Monday, 5:30-6:30 p.m.**

**Session 1:** September 9, 16, 23, 30; October 7, 14

**Session 2:** October 21, 28; November 4, 11, 18, 25

**Investment:** \$55 for six classes or \$12 drop-in

**Bonus session:** December 2, 9, 16, 23  
(\$37 for four classes or \$12 drop-in)

**Instructor:** Bernice Olson-Pollack



The sanskrit word Utsaha (oot-say-hah) means determination, firmness and power. Practicing strength-based sequencing and using exercise bands in Utsaha Yoga promotes the structure and stability of your poses. **Free introductory sessions are offered August 19 and 26 (5:30-6:15 p.m.). Please register at [www.FSCenter.org](http://www.FSCenter.org).**

### TAI CHI

**Monday, 11:15 a.m.-noon**

**Session 1:** September 9, 16, 23, 30; October 7, 14

**Session 2:** October 21, 28; November 4, 11, 18, 25

**Investment:** \$50 for six classes or \$10 drop-in

**Bonus session:** December 2, 9, 16, 23  
(\$33 for three classes or \$10 drop-in)

**Instructor:** Bernice Olson-Pollack



Tai chi is an internal style of Chinese martial arts. It emphasizes the steadiness of the breath and body with quiet concentration. This discipline consists of gentle and circular movements that are performed with a relaxed, slow tempo. The agile steps practiced in tai chi strengthen and mobilize joints and muscles. Mind and body become more integrated, promoting the balance of inner and outer Self.

**Bernice Olson-Pollack, M.S.**, is a Community Counseling YogaFit-trained instructor, Tai Chi for Health Institute, Sun Style tai chi instructor and American Council on Exercise-certified personal trainer. She has a harmonious blend of mind/body, health and wellness experience that she shares with her participants. Her accessible teaching style creates a comfortable learning environment for diverse abilities. She encourages all to discover their own path toward a healthier way of living.

# • YOGA •

## Connecting mind, body & spirit

There is no shortage of places in the La Crosse area to take a yoga class. But if you are looking for a truly unique experience, look no further than the Franciscan Spirituality Center. The moment you walk through the door into our sacred space, you can feel the peaceful energy.

"I teach in multiple places and I love them all, but the FSC is definitely a very special place," said Amber Moesch, who started teaching Golden Yoga here a few years ago. "I've had people tell me that they don't feel comfortable in gyms or more fitness-focused studios but they feel very comfortable in the space at the FSC."

Longtime yoga and tai chi instructor Bernice Olson-Pollack agrees: "The FSC provides a safe and welcoming environment of unconditional acceptance to all kinds of people who are seeking guidance, support and experienced instruction."

Whether you take a class with Bernice or Amber (or both!), you will encounter a gentle, supportive instructor who is willing to adapt her class to the needs of the participants.

Both are committed to living as mindfully as possible and thrive on sharing their gift for teaching and motivating others to embrace healthy movement. Both see many benefits to practicing yoga.

"Physically, you can gain strength and flexibility, and you can greatly improve your sense of balance," Amber shared. "Yoga can help with managing aches and pains. It can help you sleep better and can help with digestion."

"Mentally, you can develop your ability to focus and be present. Mindfulness and breath awareness are very helpful tools for stress management and calming the nervous system. Socially, you can connect with other people and be lifted up by their positive energy. Spiritually, taking time for the practice of presence can help you feel more connected to yourself and to God."

*"You will feel good from moving  
your body and clearing your  
mind, and you will get to meet  
new people. Even if you have  
never tried yoga, you will find it  
easy to participate and find great  
benefits from the practice!"*

- Amber Moesch



Amber Moesch



Bernice Olson-Pollack

Strength, flexibility and balance are enhanced beyond the physical body, Bernice added. "The emotional mind and depth of the spirit can also become stronger, more flexible and balanced when yoga is practiced regularly," she said.

Amber happened upon yoga while in college more than 25 years ago. She enjoyed that first class and tried others in various places over the years. In 2001, while she was living in Istanbul, Turkey, she was able to take classes at the school where she taught English.

"Between the weekly classes, I would practice yoga with a friend using videos that we had brought from home, so my practice became much more consistent," she recalled. "I liked how my body felt when I was practicing yoga, so when I returned home from teaching overseas,

I sought out classes at local studios. When the studio where I practiced in Duluth, Minnesota, offered a teacher training, I decided to try it as a way to learn more and develop my own practice. I loved what I was learning about the body and about the mind, and I was excited to share what I was learning, so I decided to pursue teaching."

For Bernice, who is also a certified personal trainer, the decision to make yoga part of her

personal practice came as she entered her forties and decided "that my body and my brain would benefit from teaching an ancient-yet-relevant-to-our-current-world mind/body discipline."

"I love the intentional energy that the participants bring to class," Bernice said. "The asanas (body postures) and the conscious breath work deepen our intrapersonal relationship with the inner Self."

Amber also loves the positive energy that comes from teaching yoga. "Moving my body keeps me feeling good. Yoga helps me show up as a better parent, wife and friend. What I love most about teaching yoga, though, is getting to connect with a great community of people over time," she said.

"There is a lot of joy in the Golden Yoga classes (which use a chair as a prop for support) at the FSC. We have gotten to know each other over the past few years and have seen each other through some highs and lows. The participants often tell me they look forward to our classes all week, and I feel the same way. I am grateful to be a part of the Golden Yoga community!"

Newcomers are always welcome, and we offer several varieties of yoga to fit various schedules and abilities (see page 11). Amber and Bernice encourage men and women who think they might enjoy yoga to give it a try. There is no judgment, and both instructors are happy to answer questions. Bernice schedules free, introductory sessions of her classes through the year. (Free Utsaha is offered from 5:30-6:15 p.m. August 19 and 26; please visit [www.FSCenter.org](http://www.FSCenter.org) or call 608-791-5295 to reserve your spot.)



*At the Center* newsletter is published six times a year on earth-friendly paper with a higher recycled content. Find us on Facebook and Twitter.



#### **Franciscan Spirituality Center**

920 Market Street, La Crosse, WI 54601

608-791-5295

FSCenter@fspa.org • www.FSCenter.org

#### **Identity**

The Franciscan Spirituality Center is a sacred place that welcomes everyone. We are rooted in the Gospels and sponsored by the Franciscan Sisters of Perpetual Adoration.

#### **Mission**

The Franciscan Spirituality Center is dedicated to supporting anyone in their search for God, meaning and wholeness.

We live this mission because we believe:

In each of us lives the Sacred.

We need each other to recognize and honor that part of ourselves.

Responding to spiritual hunger is necessary for growth, healing and peace.

As we grow in wholeness, we contribute to the healing of all creation.

#### **Core Values**

In keeping with the tradition of our Franciscan founders, we hold these core values:

**Sacredness:** Believe that in every person and all creation lives the Sacred.

**Respect:** Acknowledge the dignity, diversity and worth of each person as a unique image of God.

**Community:** Through prayer, empathy and sharing, create a safe, peaceful place.

**Hospitality:** Welcome all with compassion, acceptance and celebration.

**Professionalism:** Commit to competence, quality, trust and personal spiritual development.

#### **What We Do**

The Franciscan Spirituality Center guides and directs processes for prayer and offers personal presence to anyone on their sacred journey as co-creators of a just and peaceful world.

The FSC offers individual and group spiritual direction, guided and preached retreats, daylong programs and events. Staff is available for off-site workshops, presentations and programs.

# Welcome, Sister Sarah!



When Sarah Hennessey, FSPA, joined the Franciscan Spirituality Center's Board of Directors three years ago, she told us she hoped to bring an inquisitive mind and a commitment to actively nurture this "hub of spiritual activism and refuge in our ever-growing secularized and polarized society."

Mission accomplished! Sister Sarah has been a thoughtful and positive addition to our board, and we're pleased to announce that she will be sharing her gifts as the newest member of our spiritual direction team.

Sarah officially joins the FSC staff on August 12. A graduate of the FSC's Spiritual Direction Preparation Program, she is able to meet with individuals or groups for spiritual direction. Sarah has been a frequent participant in many of our programs and retreats, and we're looking forward to her occasionally taking on the role of presenter. She describes her idea of spirituality as including "contemplation and adoration, justice and racism work, mental health awareness and music."

Of her new role at the FSC, she says she is most excited to provide a welcoming presence to a variety of people, meeting each person right where they are at. "I look forward to working with the creative and enthusiastic staff to help spread the Franciscan spirit in La Crosse," she said.

Sarah took her final vows to be a Franciscan Sister of Perpetual Adoration in 2011. She first met the FSPAs in 1995 when studying Spanish in Mexico and after a long journey of discernment came to La Crosse to be a sister in 2002. She most recently served as the perpetual adoration coordinator where she received about 25,000 prayer intentions a year and presented on prayer throughout the community.

Sarah brings with her a rich and diverse background, as well as an open mind and a big heart. She was raised as a Quaker in the South in a large military town, where her father taught at a historically black university. Her volunteer experiences include teaching at a Navajo high school, translating Spanish at a free medical clinic, serving as a health educator in farm labor camps, tending a daylily farm and leading junior high inner-city immersion experiences.

Please be sure to say hello to Sarah the next time you are at the FSC, or feel free to set up an appointment to discuss spiritual direction with her.

## FRANCISCAN SPIRITUALITY CENTER Board of Directors



**Jane Comeau**, Chairperson  
**Mike Hesch**, Vice Chairperson  
**Joan Weisenbeck, FSPA**, Secretary/Treasurer  
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Kristy Walz



# A Retreat for Survivors of Trauma

If you've ever been on retreat, you know how peaceful, relaxing and healing time spent away from life's busyness and distractions can be. For the third year in a row, we've been honored to offer this opportunity free of charge to women from the La Crosse and Twin Cities areas who are healing from sexual exploitation and abuse, domestic violence and the effects of human trafficking.

This year's Retreat for Survivors of Trauma was made possible through a grant from the Robert & Eleanor Franke Charitable Fund of the La Crosse Community Foundation.

We were privileged to bring together 14 diverse women (unfortunately, four had to cancel at the last minute) for a weekend of meditation and reflection, creating artwork, labyrinth walking, chair yoga, delicious meals and truffle making. During our weekend, we also found time for an outing to Granddadd Bluff, a movie night and a Mary of the Angels Chapel tour courtesy of Malinda Gerke, FSPA. Sister Malinda graciously played her harp and led the group in an impromptu rendition of "Amazing Grace." During a weekend filled with laughter and tears, this proved to be one of the more emotional moments for many of us.

To close the weekend, each woman was gifted with a set of Power Thought Cards by Louise Hay, affirmation cards designed to help find inner strength. FSC staff and guests together offered each other encouragement to be gentle and forgiving with ourselves, to celebrate our strengths and to appreciate the good.

We are also grateful to the Coulee Region chapter of Women With Purpose, whose members generously donated journals, art supplies and personal hygiene items for the weekend.

## SEVERAL OF THE WOMEN OFFERED THEIR FEEDBACK ON THE EXPERIENCE:

*"I liked the warm welcoming and peace I felt. I also liked the openness, different backgrounds and no judgments."*

*"The spiritual space felt peaceful and accepting. I felt the freedom to be myself."*

*"I appreciated the willingness to listen. The rooms are so spacious and peaceful."*

*"It was fun meeting new people."*

We hope to offer this retreat again next summer. If you are interested in funding this retreat or want to help connect us with survivors who may benefit from attending, please call 608-791-5295 or email [fscenter@fspa.org](mailto:fscenter@fspa.org).



## REFLECTIONS FROM THE CENTER

# God provided the conversation

*Pastor Barbara Hayden of Calvary Lutheran Church in Sabula, Iowa, recently spent time on retreat at one of our hermitages. She shared the following reflection with her parish and graciously gave us permission to reprint it here. Not only is it a beautiful message, but it also might give anyone who hasn't been on retreat an idea of "what happens."*

Reluctantly, on Thursday, I returned from a wonderful retreat in the hills of Wisconsin. I stayed in a small hermitage attached to the Franciscan Spirituality Center in La Crosse. The hills and the woods and the animal inhabitants provided all the hospitality one could hope for. God provided the conversation.

I was greeted on my first night by a deer who simply strolled by to say hello. Later that evening, a pileated woodpecker came knocking on the trees in my front yard. While my pileated friend did not stay for very long, a red-headed woodpecker kept house in another tree just outside my window the entire retreat.

Probably the most surprising denizen sighting was that of a little bird that came to rest on a tree branch just above me during my hike in the woods. I love colorful birds, as most of us do. I feed goldfinches, Baltimore orioles, hummingbirds and cardinals at my river home. This bird, however, manifested plumage of the most brilliant red I have ever seen. I turned to Google. (Yes, even out in the middle of the woods.) I learned that this splash of color was known as a Scarlet Tanager. He left me breathless.

My spiritual director had recommended a book for me to read on retreat. *Gift of the Red Bird* by Paula D'Arcy captivated me not once but twice. In her story, Paula tells of a small red bird that visits her on her quest for God out in the wilderness. The red bird becomes her companion and represents God's assurance that he is ever with her and ever listening. How could I not wonder at the "coincidence" of this encounter?

God promises us to be available when we seek him out with all our hearts. How often does God respond and we miss it? We name these encounters as fluke events, coincidences or even our own imaginations. What if they are truly encounters meant to encourage and move us? Has God not made us to enjoy his garden? Sometimes in the business of life we miss the sweetest love notes left for us by our God.

Luke (Chapter 18) tells us of a blind man who is brought to Jesus. Jesus asks him "What do you want me to do for you?" The blind man replies simply, "Lord, I want to see."

Lord, may we too be made to see. May we see you in our everyday moments with each other, with nature or even with ourselves. Lord, we believe, help our unbelief.



Every Monday, we send *Reflections From the Center* to 3,000 subscribers via email. These are original poems, short essays or other written observations and prayers that are submitted by people in the community. If you'd like to receive them each week, please visit [www.FSCenter.org](http://www.FSCenter.org) and click on the blue "Join Our Email List" button. If you'd like to submit one to be published, please email FSC marketing and communications coordinator Stacey Kalas at [skalas@fspa.org](mailto:skalas@fspa.org).

The Franciscan Spirituality Center's three hermitages are located just east of La Crosse on St. Joseph's Ridge. They can be rented for day use (\$35), overnight (\$60) or extended retreats. For more information, please visit [www.FSCenter.org](http://www.FSCenter.org) or call 608-791-5295.

# Here's another great reason to become a *Spirited Friend*

Our *Spirited Friends* monthly giving program provides vital, sustainable support for our ministry. It's an easy, convenient and risk-free way for you to help ensure that our programs and services are funded and accessible to all. And now our *Spirited Friends* can enjoy special member benefits each quarter! These special program discounts includes free guest registrations, discounts on hermitage stays and special deals on purchases from our Sophia Bookstore. We'll highlight the member benefit in each *At the Center* newsletter and on our website; look for the *Spirited Friends* logo.

In this issue, you see that *Spirited Friends* may bring one guest at no charge to the *Intro to Zentangle* program on October 8 (see page 8). If you are already a *Spirited Friend*, you don't need to do anything other than call 608-791-5295 to register you and your guest and tell us you'd like your discount.

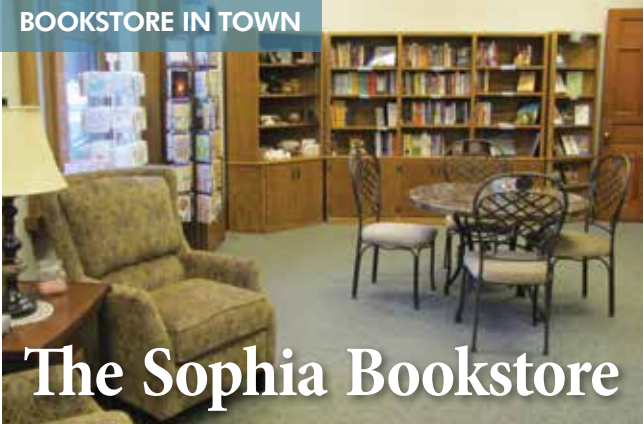
If you'd like to become a *Spirited Friend*, we're happy to sign you up so you can start taking advantage of these member benefits. You'll find more information and a brochure on our website ([www.FSCenter.org](http://www.FSCenter.org)) or call us at 608-791-5295. You decide on an amount that works with your budget (minimum gift is \$10 a month) to be transferred directly from your checking account to us each month. It saves on postage, checks and administrative costs.

You can change your commitment at any time, and you can designate your gift to go toward our general fund or one of our three scholarship funds: Norman L. Gillette Sr. Scholarship Fund (for those recovering from addictions); Mary Kathryn Fogarty, FSPA, Scholarship Fund (for scholarships toward programs and retreats); or Blanche Klein, FSPA, Scholarship Fund (for scholarships toward the Spiritual Direction Preparation Program and spiritual direction).



We're grateful for your continuing, reliable support. Peace & all good!

VISIT THE BEST  
BOOKSTORE IN TOWN



## The Sophia Bookstore

Have you stopped by our Sophia Bookstore lately? Tucked within the Franciscan Spirituality Center, it truly is a gem, featuring an interesting and diverse selection of titles on modern theology, spirituality, Franciscan values, philosophy, poetry, healing and more. We also sell cards and gift items such as scarves, Fair Trade bags, candles, soaps and lotions, Tibetan singing bowls and wooden palm crosses. Come visit between 8 a.m. and 5 p.m. Monday through Friday or while you are on retreat. Free WiFi and complimentary coffee and tea are available as you browse.

**Here are just a few of the authors whose books we carry:** Cynthia Bourgeault, Brené Brown, Joan Chittister, Pema Chödrön, Billy Collins, Ilia Delio, Thich Nhat Hanh, Thomas Keating, Thomas Merton, Mark Nepo, Henri Nouwen, John O'Donohue, Mary Oliver, Richard Rohr, Joyce Rupp and David Whyte.



## IMPORTANT INFORMATION:

**Registration Process**

Please visit the Franciscan Spirituality Center's website at [www.FSCenter.org](http://www.FSCenter.org) to register for each session. Payment is required at time of registration. If you would like to pay in installments or register by phone, please call 608-791-5295 or send an email to [FSCenter@fspa.org](mailto:FSCenter@fspa.org). We accept credit cards, personal checks and cash for all registrations not completed online. Payment must be made in full prior to the start of the program to be a confirmed participant.

**Refund Policy**

Some of our programs require deposits. If indicated, the deposit is due at the time of registration and will be applied to the total fee. The balance is due two weeks before the start of the event. If you cancel at least 48 hours before the start time of the event, we will refund your payment. Deposits are not refundable.

**Registration Deadlines**

Many programs/retreats now have a registration deadline. This will help us make important decisions regarding the status of the program/retreat. Many programs fill quickly; early registration is recommended to guarantee placement. Prompt registration also helps reduce the possibility that a program or retreat might be canceled due to insufficient enrollment, an issue that inconveniences participants and presenters.

**Scholarship Information**

In the spirit of Francis and Clare, we honor and respect everyone in their search for spiritual healing, growth and renewal and will not turn anyone away because of inability to pay. Our scholarships are based on need and the type of program or retreat. We give scholarships to anyone who asks for financial assistance for spiritual direction and partial scholarships for programs or retreats. Please contact us for more detailed information about scholarships and payment options for specific retreats and programs. We do not offer scholarships for bedrooms or hermitages. There is no form to fill out, and we keep your request confidential. Contact Laurie at 608-791-5279 or by email at [lswan@fspa.org](mailto:lswan@fspa.org), or visit us online at [www.FSCenter.org](http://www.FSCenter.org) for more information.

**Where to Find Us**

The Franciscan Spirituality Center is just west of Mayo Clinic Health System-Franciscan Healthcare and one block north of Viterbo University at 920 Market Street. The Franciscan Spirituality Center shares the building with St. Rose Convent.



**Franciscan  
Spirituality Center**



Telephone: 608-791-5295  
Email: [FSCenter@fspa.org](mailto:FSCenter@fspa.org)  
On the web: [www.FSCenter.org](http://www.FSCenter.org)

# Share the goodness by 'paying it forward'



Did you see the 2000 movie "Pay It Forward"? It was about a 12-year-old who was given a school assignment to "change the world." His idea was that instead of paying back the person who did something kind, the recipient was to do something nice for someone else and then ask that person to "pay it forward." This boy created a tidal wave of kindness in his community.

The movie itself sparked many similar efforts, including a global "Pay It Forward Day" once a year (on April 28). I've heard of church groups sponsoring their own "pay-it-forward" campaigns. Ideas include paying a toll or buying food/drink for the person behind your car in the drive-thru lane. Once, I noticed a woman toward the end of the bookstore line with the same book I had. I paid double for my book and told the cashier to tell her that someone purchased her book and she could pay it forward. I not only enjoyed spontaneous generosity, but I thought about the joy my recipient would have receiving this surprise and then coming up with her own way to pay it forward. It's the "forward" part of the equation that continues the ripple effect of goodness as it involves more and more people.

We're often asked by our guests how they can help others experience the peace and healing that they've experienced. We especially wish we could welcome folks in our community who may not have the funds to participate in a retreat in our building or at a hermitage. Though we provide scholarship support for programs, we don't typically cover housing costs for retreat programs. What seems like a modest fee may be out of reach for someone who just lost a job, went through a divorce or has high medical costs due to an illness.

We'd love for everyone, no matter their financial resources, to experience connection, community and compassionate listening, and we invite you to help us by paying it forward. If you've been changed by a program or retreat at the FSC (or another spirituality center) and would like to make this experience possible for someone else, consider a pay-it-forward donation. Sometimes our guests will add an additional amount to their registration as a donation. Or, in a separate donation, you could write "pay it forward" on your check or online form.

Recently, we received a donation to our Norman L. Gillette Sr. Scholarship Fund from a woman whose sister is in recovery from alcoholism. "I have benefitted from your programming myself, I want others to have that option," she wrote in a note to us along with her gift. (The Gillette Scholarship fund is available to those recovering from addiction. Each year, we offer at least one Serenity Retreat plus other healing ministries. This fund makes those programs widely accessible, especially to those who may have faced financial setbacks on their road to sobriety and wholeness.)

However you decide to structure your pay-it-forward gift, we appreciate your help in our mission to spread goodness in our community.

Peace and all good,

Rika Beckley, Development Director



**Rika Beckley**

**Development Director**  
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608-791-5276



## Franciscan Spirituality Center

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### COMING THIS FALL

## New! A program just for adolescent girls!



We're excited to team up with Trish Johnson of Manitou Center in Winona, Minnesota, for a new program called *Girls Connect: Developing Mindfulness in Adolescent Girls*, Tuesdays in November. This four-week series for girls ages 9-12 at the Franciscan Spirituality Center brings girls together in a safe environment to explore their relationships, spirituality, school, inspirations and difficulties as well as other relevant topics to their age. Together, they will learn from and grow with one another through yoga, mindfulness, art, journaling, games and conversation. Trish is a trauma-informed yoga and mindfulness teacher who has been working with youth since 1995.

Watch for details in the next  
*At the Center* newsletter, but  
please save the dates now:

**November 5, 12, 19, 26**  
**(4:30-5:45 p.m.)**

Key funding to make  
this program possible  
came from a grant from  
the Women's Fund of Greater La Crosse.

# GIRLS Connect

### COMING IN NOVEMBER/DECEMBER

#### SILENT DIRECTED RETREAT

**November 3-8** • with FSC spiritual directors

#### SERENITY RETREAT

**November 8-10** • with Tom DeZell

#### SHADOW AND LIGHT: EXPLORING SPIRITUAL ARCHETYPES THROUGH MASK-MAKING

**November 15-16** • with Elizabeth Lewis

#### CLAIMING YOUR POWER: FINDING YOURSELF IN THE FOG OF TRAUMA

**November 22-23** • with Joan Filla, M.D.

#### A WEEKEND FOR SPIRITUAL DIRECTORS: LIVING WITH JOY

**November 22-23** • with Shari Mason

#### ZENTANGLE RETREAT

**December 7** • with Christine Isham

#### ADVENT BOWLS

**December 7** • with Tom Roberts and Viterbo Campus Ministry

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The Franciscan Spirituality Center is a  
sponsored ministry of the Franciscan  
Sisters of Perpetual Adoration.